The Burden of Diabetes in Louisiana

Diabetes is an epidemic in the United States. According to the Centers for Disease Control and Prevention (CDC), over 34 million Americans have diabetes and face its devastating consequences. What’s true nationwide is also true in Louisiana.

**Louisiana’s diabetes epidemic:**

- **Approximately 505,468 people in Louisiana, or 14.2% of the adult population, have diagnosed diabetes.**
- **An additional 113,000 people in Louisiana have diabetes but don’t know it, greatly increasing their health risk.**
- **There are 1,243,000 people in Louisiana, 34.4% of the adult population, who have prediabetes with blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.**
- **Every year an estimated 32,139 people in Louisiana are diagnosed with diabetes.**

**Diabetes is expensive:**

People with diabetes have medical expenses approximately 2.3 times higher than those who do not have diabetes.

- **Total direct medical expenses** for diagnosed diabetes in Louisiana were estimated at **$4.2 billion in 2017.**
- **In addition, another $1.5 billion was spent on indirect costs** from lost productivity due to diabetes.

**Improving lives, preventing diabetes and finding a cure:**

In 2021, the **National Institute of Diabetes and Digestive and Kidney Diseases** at the National Institutes of Health invested **$13,186,949** in diabetes-related research projects in Louisiana.

The **Division of Diabetes Translation** at the CDC provided **$2,219,759** in diabetes prevention and educational grants in Louisiana in 2018.

Sources include:

- Diabetes Incidence: 2016 diabetes incidence rate, cdc.gov/diabetes/data
- Research expenditures: 2021 NIDDK funding, report.nih.gov/award/index.cfm; 2020 CDC diabetes funding, fundingprofiles.cdc.gov/FundingProfiles/FundingQuery

Diagnosed diabetes costs an estimated **$5.7 billion Louisiana each year.**

The serious complications include heart disease, stroke, amputation, end-stage kidney disease, blindness—and death.